

**TAKE
FIVE**

• • • • •
AT SCHOOL

**STAND STRONG
BREATHE**

Virtual
Take Five
is here!



HELPING YOU TO:

STAND STRONG and grow your **'I can handle it'** abilities

Film links to **Take Five Practices**
3 films to choose from each week
(each film is 3-4 mins long)

Password for week 6
(June 3rd)
**has been sent to you
by your school**

Basic Seated Practice



**Basic
Take Five
Practice**

Basic Seated Practice

Film link here: <https://vimeo.com/408101384>

**Simple
Take Five
Practice**

Flower Breathing

**Flower
Breathing**



Designed by EAB and Lily-Grace,
Thrumpton Primary School
Year 4 Take Five Ambassador
Flower Breathing - 127
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For more information on 'Take Five' and
Each Amazing Breath CIC please visit
www.eachamazingbreath.org

Flower Breathing Practice

Film link here: <https://vimeo.com/423978680>

The Roots Coming Down Practice

*The Roots
Come Down*



Designed by EAB and Eva,
Walesby C of E Primary School
Year 5 Take Five Ambassador
The Roots Coming Down Practice - 192
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Each Amazing Breath CIC please visit
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**Imagination
and Movement
Take Five
Practice**

Roots Coming Down Breathing Practice

Film link here: <https://vimeo.com/423997103>

We hope you enjoy doing Take Five with us

You are receiving these films because you do Take Five at School and your teachers thought it would be great if you could do a Take Five practice from home every day, or whenever you want or need to. Each week, we (the Take Five team from Each Amazing Breath) will be sending 3 practices for you to join in with.

**REMEMBER: Take Five is only suitable for children who already do Take Five at school.
Please do not forward the films and password to anyone who doesn't do Take Five at School.**

**EACH AMAZING
BREATH**

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